

NW301 Twister



Norwell Twister improves your balance and coordination skills, combined with developing the muscles in the back.

Twister has two individual platforms, one for standing and one for sitting, using the curve as support.

HOW TO USE:

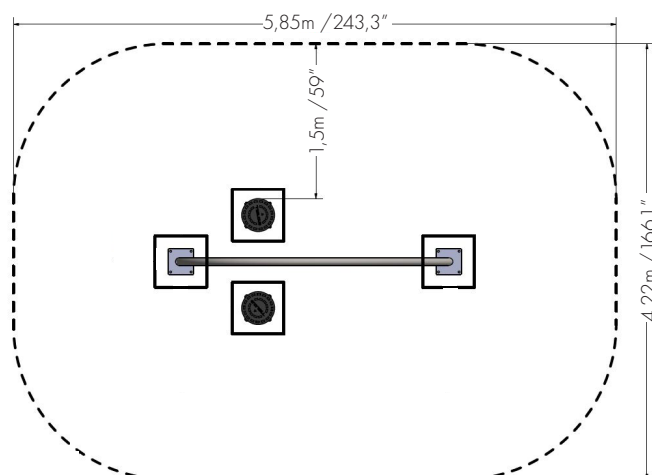
Sit on the seat and hold on to the bar in front of you. Activate the core and twist the lower body. Twist back and forth in a slow pace, and try to hold the upper body still while rotating the core region. Same procedure when standing.

The Norwell App and the ID-bands, including training instructions and QR codes, on each fitness station inspire to exercise and give full instruction of use.



POSITION AND TRAINING ZONE:

Trainingzone = 22,6m² / 243,3 ft²



DESIGN FOR ALL

All Norwell fitness stations utilize the users own body weight as resistance, therefore the exercises can be performed without risk of injuries. As a result, Norwell fitness stations are challenging and effective regardless of fitness level.

SAFE DESIGN

The Norwell Outdoor Fitness stations are tested and approved by TÜV Product Service GmbH according to DIN79000, EN16630 and AfPS GS 2014:01 PA.

10 YEAR WARRANTY

10 years against failure due to material or manufacturing defects and corrosion breakthrough on pipes, foundations and welds. Please contact us for more information about warranty coverage, and for sites within 5 km of saltwater.

2 YEAR WARRANTY

2 years against failure due to material or manufacturing defects and corrosion breakthrough on all moving parts, plastic and rubber parts.